

5 A Day Recipes

Beverages

Cantaloupe Crush

Serves 4

- ½ cantaloupe
- 1½ cups ice
- 1 cup fat free milk
- Sweetener as needed: about 1-2 teaspoons of sugar or the equivalent in artificial sweetener.

Cut cantaloupe into small cubes.
Blend all ingredients until smooth.
Sweeten to taste.

This is an official 5 A Day recipe and provides each person served with one serving of fruit.

Nutritional Analysis

Calories: 90

Fat: 0 g

Cholesterol: 2 mg

Fiber: 1 g

Sodium: 74 mg